



300 West Midway Dr.
(817) 685-1666

Heidi Taylor, Recreation Center Supervisor, htaylor@ci.eulesstx.us
Blake Cloud, Recreation Specialist - Programs, bcloud@ci.eulesstx.us



Hours of Operation

Monday – Thursday 6 a.m. - 10 p.m.
Friday 6 a.m. - 8 p.m.
Saturday 8 a.m. - 6 p.m.
Sunday 1 p.m. - 6 p.m.

Hours subject to change for holidays or special events.

Closed September 7 & November 26



MIDWAY RECREATION CENTER MEMBERSHIP FEES

	RESIDENT	SILVER	GOLD	PLATINUM
	Individual	Individual	Individual	Individual
Annual Fee	\$ 10	\$ 75	\$ 90	\$ 140
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 2	\$ -	\$ -	\$ -
Racquetball	\$ 3	\$ 3	\$ 3	\$ -
Swimming Pool per Visit	\$ 1	\$ 1	\$ -	\$ -
	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)
Annual Fee	\$ 30	\$ 110	\$ 145	\$ 200
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 2	\$ -	\$ -	\$ -
Racquetball	\$ 3	\$ 3	\$ 3	\$ -
Swimming Pool per Visit	\$ 1	\$ 1	\$ -	\$ -
	Includes	Includes	Includes	Includes
	Basketball, walking/jogging trail, games area, shower availability, photo membership card	Unlimited fitness center visits, basketball, walking/jogging trail, games area, shower availability, photo membership card	Unlimited city pool visits, unlimited fitness center visits, walking/jogging trail, games area, shower availability, photo membership card, basketball	Unlimited usage of racquetball courts, unlimited city pool visits, unlimited fitness center visits, walking/jogging trail, games area, shower availability, photo membership card, gym use
	SENIOR (60+)	YOUTH (8-15)	RACQUETBALL	NON-RESIDENT
	Individual	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 5	\$ 75	\$ 50
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ -	n/a	\$ 2	\$ 3
Racquetball	\$ 3	n/a	\$ -	\$ 5
Swimming Pool per Visit	\$ 1	\$ 1	\$ 1	\$ 1
	DAILY USE FEES		STUDENT (18-24)	CORPORATE
	Resident	Non-Resident	Valid only May 15 to Aug 15. Current school ID required.	
Annual Fee	\$ -	\$ -	\$ 25	Company must be in listing or within City limits.
Fee per Visit	\$ 3	\$ 5	\$ -	
With Weight Room	\$ 5	\$ 8	\$ -	Additional \$10 to any annual fee.
With Racquetball	\$ 6	\$ 10	\$ 3	
Swimming Pool per Visit	\$ 1	\$ 1	\$ 1	No family memberships available.

LEGEND

MRC Midway Recreation Center
RMC Ruth Millican Center
DPSC Dr Pepper StarCenter
TXG Texas Star Golf Course
PATS The Parks at Texas Star
THSN Trinity High Natatorium
SC Simmons Senior Center
BEP Bob Eden Park
OFF Off-Site Location
M Monday
T Tuesday
W Wednesday
Th Thursday
F Friday
S Saturday
SU Sunday

Athletics

Adult Athletics

ADULT 8 ON 8 FLAG FOOTBALL FALL LEAGUE

Registration:	August 1 - 31
Cost:	\$350 per team.
Manager's Meeting:	Thursday, Sept 3, 7 p.m.
Game Day:	Thurs. 6:30, 7:30, etc.
League Play:	Eight games plus playoffs.
Awards:	T-shirts & team plaques for champion & finalist.
Ages:	16 years old and older.
Gender:	Male & Female players are welcome.
Supplies:	Sonic belt/flag system NCAA/NFL football
Rosters:	Limit of 15 players/coach per team.

ADULT 4 ON 4 FLAG FOOTBALL FALL LEAGUE

Registration:	Sept. 1 - 31
Cost:	\$200 per team
Manager's Meeting:	Thursday, Oct. 8, 7 p.m.
Game Day:	Sunday after church
League Play:	10 games plus playoffs.
Awards:	T-shirts & team plaques for champion & finalist.
Ages:	16 years old & older.
Gender:	Male or Female Players
Supplies:	Sonic belt/flag system NCAA/NFL football.
Rosters:	10 players/coach per team.

ADULT DODGEBALL LEAGUE

Registration:	August 1 - 31
Cost:	\$145 per team.
Managers Meeting:	Thursday, Sept. 3, 7:30 p.m.
Game Day:	Thursdays - 6:30, 7:30, 8:30 & 9:30 p.m.
League Play:	Eight games plus playoffs.
Awards:	T-shirts & team plaques for Champion and Finalist.
Gender:	Male & Female players are welcome.
Ages:	16 years old and older.
Supplies:	None Needed
Rosters:	Limit of 10 players/coach per team.

Looking for a team to play on? Call 817-685-3100 to have your name placed on our free agents list! No Charge! All of the Euless PACS adult athletic leagues follow TAAF, NCAA and local rules.

All Manager's meetings will take place in the Midway Recreation Center, 300 N. Midway. Basketball and Dodgeball games are played at the Midway Recreation Center. Sand Volleyball games are played at Bob Eden Park. Flag football games are played at West Park and The Villages of Bear Creek Park.

COMING SOON

**Men's and Women's Basketball League
Co-Ed Sand Volleyball League
8 on 8 Flag Football League
4 on 4 Flag Football League**

You may register your team by visiting the Midway Recreation Center, calling our Athletic Office at 817-685-1838 or online at euless.org.

Be on the lookout for the next edition of Euless Today for more information!

Youth Athletics

PARKS AT TEXAS STAR FALL BASEBALL LEAGUE

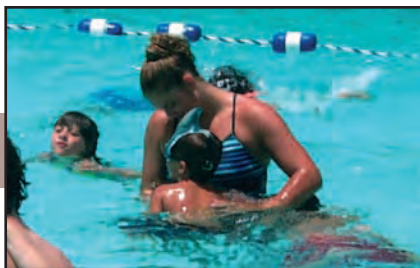
Registration:	July 6 - August 30
Divisions Offered:	A, AA & AAA
Ages:	3 - 14
Games:	Season begins Saturday, September 5

For more information, log onto **www.ParksAtTexasStar.com** or call 817-685-1838.

Euless Athletics Staff

John Douthit	
Athletic Supervisor	817-685-1838
Ryan Alexander	
Athletic Coordinator	817-685-3100





AMERICAN RED CROSS SWIM LESSONS

Students receive six 30-minute classes of instruction. For your convenience, you may register online at www.eules.org or in person at Midway Recreation Center. All classes will be held at the Texas Health Resources HEB Rehabilitation Center at 251 Westpark Way.

Don't let the kids forget all those swim strokes they worked so hard to improve this summer! Evening swim lessons are now offered for the fall for beginners thru advanced. Great student/teacher ratio (Level 1 - Adult is 5:1). Our indoor pool maintains a temperature of 90 degrees. Instructors are American Red Cross Certified. To ensure class availability, please sign up early. For more information, call 817-685-1666.

LEVEL 1: Introduction to Water Skills

Purpose: *Help students feel comfortable in the water.*

- Basic water safety rules
- Submerging mouth, nose and eyes
- Opening eyes underwater and picking up submerged object
- Swimming on front and back using arm and leg actions
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Floating on front and back

LEVEL 2: Fundamental Aquatic Skills

Purpose: *Give students success with fundamental skills.*

- Submerging entire head
- Front and back glide
- Recognizing a swimmer in distress and getting help
- Bobbing in water
- Jellyfish float
- Swimming using combined stroke on front and back

LEVEL 3: Stroke Development

Purpose: *Build on the skills in level 2 by providing additional guided practice.*

- Reach assist
- Submerging and retrieving an object
- Front and back glide
- Front and back crawl
- Kneeling or standing dive (shallow dive progression)
- Rotary breathing in horizontal position
- Survival float, back float
- Butterfly-kick and body motion
- Treading water using arm and leg motions

For more information on swim lessons, please call 817-685-1666.

LEVEL 1

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120001-01	8/4	OFF	4+	T/TH	7-7:30pm	3	\$85
120001-02	8/4	OFF	1-3	T/TH	7:30-8pm	3	\$85
120001-03	9/8	OFF	4+	T/TH	7-7:30pm	3	\$85
120001-04	9/8	OFF	1-3	T/TH	7:30-8pm	3	\$85

LEVEL 2

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120002-01	8/4	OFF	4+	T/TH	7-7:30pm	3	\$85
120002-02	9/8	OFF	4+	T/TH	7-7:30pm	3	\$85
120002-03	8/4	OFF	4+	T/TH	7:30-8pm	3	\$85
120002-04	9/8	OFF	4+	T/TH	7:30-8pm	3	\$85

LEVEL 3

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120003-01	8/4	OFF	4+	T/TH	7:30-8pm	3	\$85
120003-02	9/8	OFF	4+	T/TH	7:30-8pm	3	\$85

STROKES & TURNS

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120004-01	8/4	OFF	4+	T/TH	8-8:30pm	3	\$85
120004-02	9/8	OFF	4+	T/TH	8-8:30pm	3	\$85

TEEN/ADULT

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120008-01	8/4	OFF	13+	T/TH	8-8:30pm	3	\$85
120008-02	9/8	OFF	13+	T/TH	8-8:30pm	3	\$85

WATER TOTS

(Age 1-3 years)

Children are introduced to the water in a way most comforting to them. Parents must join the child in the pool. Children will be required to wear a swim diaper if not potty trained. Actual water time is 30 minutes. Instructor: Different Strokes Swim School, American Red Cross Certified.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120000-01	8/4	OFF	1-3	T/TH	7-7:30pm	3	\$85
120000-02	9/8	OFF	1-3	T/TH	7-7:30pm	3	\$85

PRIVATE SWIMMING LESSONS

Private lessons are available for you and/or your children. You will receive concentrated instruction that will be tailored to your specific goals. Receive six 30-minute classes for \$140; semi-private classes also available for \$140. Please call Bev at 817-649-SWIM for any questions.

H₂OPE PROGRAM

H₂OPE is a fun, community outreach aquatic fitness program for children with special needs. H₂OPE provides an alternative recreational activity to help meet physical, cognitive and psychosocial needs emphasizing fun, safety and non-competitive and successful experiences. This is a grant-funded program with no cost to the caregiver. Class meets on Saturdays. For more information please call Bev at 817-649-SWIM.

Child Development

FUNTIME FOR 3'S

This class will provide children with activities that introduce learning through play with hands-on learning experiences. Children have the opportunity to work together and independently while improving small and large motor skills. All activities are open ended and child centered. Lets have fun with Funtime for 3's. Children must be potty trained. Instructor: Shana Ashmore

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110000-01	9/14	MRC	3	M-W	9am-12:30pm	3	\$99
110000-02	10/5	MRC	3	M-W	9am-12:30pm	4	\$132
110000-03	11/2	MRC	3	M-W	9am-12:30pm	3	\$99
110000-04	11/30	MRC	3	M-W	9am-12:30pm	3	\$99

FUN TIMES AT MRC

Come join us and learn lots as we enjoy many fun-filled days doing arts and crafts, music, science, and hands-on activities. Come ready to play and ready to use your imaginations. No class 9/7.

Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110002-01	9/9	MRC	4-5	MWF	9am-1pm	4	\$140
110002-02	10/5	MRC	4-5	MWF	9am-1pm	4	\$152
110002-03	11/2	MRC	4-5	MWF	9am-1pm	3	\$116
110002-04	11/30	MRC	4-5	MWF	9am-1pm	3	\$116

BALLET/ TAP

Let your little one experience the joy of dance in this unique combo class. By offering two very different styles of dance, your child will stay engaged and benefit from expressing herself while gaining better balance and coordination. Ballet and Tap techniques will be heavily emphasized in these classes.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-01	9/12	MRC	3-5	S	10-11am	4	\$35
110200-02	10/10	MRC	3-5	S	10-11am	4	\$35
110200-03	11/7	MRC	3-5	S	10-11am	3	\$27
110200-04	12/5	MRC	3-5	S	10-11am	3	\$27

JUST 4 FLIPS GYMNASTICS PRE-K

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls ages 3 - 5 years old looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch. No class the week of 11/23-11/27.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110210-01	9/18	MRC	3-5	F	4-4:45pm	12	\$47

JUST 4 CHEER JR. CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer!!! Boys and Girls ages 4 - 6 years old welcome to join. Our classes are taught by instructors trained as all-star cheerleaders, we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills. No class the week of 11/23-11/27.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110215-01	9/9	MRC	4-6	W	5-6pm	12	\$54



TOT ICE SKATING INSTRUCTION

Tots will learn the basics of ice skating. Falling down and getting up, marching across the ice, back wiggles, stops. Tiny chairs and toys will be used to assist the tots in learning. Free public session and skate rental on class day plus additional 4 free public skate sessions. Skate rental included in the class. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111161-01	9/12	DPSC	3-4	S	2:15-2:45pm	4	\$54
111161-02	11/7	DPSC	3-4	S	2:15-2:45pm	4	\$54

LIL' DRIBBLERS

A non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork and endurance. Bring an age appropriate basketball with your child's name on it. No class 11/28.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110515-01	9/12	MRC	5-9	S	9-9:45am	4	\$35
110515-02	10/10	MRC	5-9	S	9-9:45am	4	\$35
110515-03	11/7	MRC	5-9	S	9-9:45am	4	\$35



ICE SKATING- SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free public skating and skate rental following class. The class will be held at Dr Pepper StarCenter in Euless. Ins: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111162-01	9/8	DPSC	5-13	T	7:30-8pm	4	\$54
111162-02	9/12	DPSC	5-13	S	1:45-2:15pm	4	\$54
111162-03	11/3	DPSC	5-13	T	7:30-8pm	4	\$54
111162-04	11/7	DPSC	5-13	S	1:45-2:15pm	4	\$54

GIRLS ON THE RUN

This program uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running and playing games, girls will tackle tough issues such as peer pressure and body image, while learning about making healthy decisions and performing community services. This is an on-going, 11 week program that can be paid by session. At the end of this program, the girls will compete in a 5-K event together. Partial scholarships are available.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110540-01	9/8	MRC	8-12	T/TH	5:30-6:30pm	4	\$25
110540-02	10/6	MRC	8-12	T/TH	5:30-6:30pm	4	\$25
110540-03	11/3	MRC	8-12	T/TH	5:30-6:30pm	3	\$25

JUST 4 FLIPS GYMNASTICS BEGINNER

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls ages 6 - 8 years old looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch. No class the week of 11/23-11/27.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110210-02	9/18	MRC	6-8	F	5-5:45pm	12	\$47

JUST 4 CHEER CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer!!! Boys and girls ages 7 - 12 years old welcome to join. Our classes are taught by instructors trained as All-Star Cheerleaders, we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills. No class the week of 11/23-11/27.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110215-02	9/9	MRC	7-12	W	6-7pm	12	\$54

JUNIOR TENNIS

Come out to Midway Recreation Center tennis courts and learn how to play the wonderful game of tennis. Learn the rules, etiquette, forehand, backhand, serves, and scoring. Bring one can of tennis balls and a tennis racket.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110620-01	9/12	MRC	6-12	S	9-9:45am	4	\$35
110620-02	10/17	MRC	6-12	S	9-9:45am	4	\$35

TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the fundamentals of Taekwon-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program can help to enhance focus and concentration, and build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. No class 11/28. Instructor: Kira Cole

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110130-01	9/12	MRC	5-8	S	9-9:45am	7	\$22
110130-02	11/7	MRC	5-8	S	9-9:45am	7	\$22

TAEKWON-DO BEGINNERS

(Ages 6-12) (White Belt - Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwon-Do Jungshin Program. It is designed to instill the physical and character benefit of martial arts while motivating children to achieve success. New students registering for this class must be at least 8 years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. No class 11/28. Instructor: Kira Cole

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110131-01	9/8	MRC	9-12	T	6-7:15pm	7	\$63
		MRC		S	10-11:15am		
110131-02	11/3	MRC	9-12	T	6-7:15pm	6.5	\$60
		MRC		S	10-11:15am		

TAEKWON-DO ADVANCED (Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development. No class 9/7 or 11/26. Instr: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110132-01	9/10	MRC	6-12	M	6-7:15pm	7	\$60
		MRC		TH	6-7:15pm		
110132-02	11/2	MRC	6-12	M	6-7:15pm	6.5	\$60
		MRC		TH	6-7:15pm		

YOU CAN PAINT FOR YOUTH

Amaze yourself, family and friends with the beautiful oil painting you can complete in one fun and easy lesson taught by professional artists, Robert & Susan Garden. You'll learn color mixing and perspective as you master time saving short cuts, which will help you, paint like the pros. All art supplies provided; oil paints, palette, brushes, canvas and easel. Wear an old T-shirt and bring paper towels.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
					Autumn in Vermont		
110815-01	9/10	MRC	5-13	TH	4-5:30pm	1	\$22
					Still Life with Wine Bottle & Fruit		
110815-02	10/1	MRC	5-13	TH	4-5:30pm	1	\$22
					Tropical Rain Forest		
110815-03	11/5	MRC	5-13	TH	4-5:30pm	1	\$22
					Christmas in Hawaii		
110815-04	12/3	MRC	5-13	TH	4-5:30pm	1	\$22

WINTER BREAK CAMP

Day camp featuring daily fieldtrips, sports, arts & crafts, team building, and more! Price includes the cost of field trips. Due to the HEB holiday schedule and closures at the Midway Recreation Center, camp will be split in two separate sessions. Session 1 is Dec. 21-23, and session 2 is Dec. 28-30. Sign up for both and receive \$5 off the second session.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111111-01	12/21	MRC	6-12	M-W	7:30am-6pm	1	\$45
111111-02	12/28	MRC	6-12	M-W	7:30am-6pm	1	\$45

Adult/Teen Activities

WATER AEROBICS/ WELLNESS AND WEIGHT MANAGEMENT

Increase flexibility, range of motion, lean body mass and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. Class will meet at Trinity High School Natatorium. Class will not meet on HEB ISD school holidays. Senior discount - \$35 per session/ \$18 for December session. For more information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120011-01 9/9		THSN	17+	M/W/TH	11-11:45am	4	\$42
120011-02 9/8		THSN	17+	M/T/TH	7-7:45pm	4	\$42
120011-03 10/1		THSN	17+	M/W/TH	11-11:45am	4	\$42
120011-04 10/1		THSN	17+	M/T/TH	7-7:45pm	4	\$42
120011-05 11/2		THSN	17+	M/W/TH	11-11:45am	3	\$42
120011-06 11/2		THSN	17+	M/T/TH	7-7:45pm	3	\$42
120011-07 12/2		THSN	17+	M/W/TH	11-11:45am	3	\$21
120011-08 12/1		THSN	17+	M/T/TH	7-7:45pm	3	\$21

CARDIO SCULPT

Cardio Sculpt is a two-for-one workout that will torch calories and tone muscles. This circuit training class combines both strength training and aerobic intervals. Ideal for fitness levels beginner to intermediate. Bring a yoga mat and hand weights, 1 to 10 pounds depending on your fitness level. No class 9/7; 9/21; 11/25. Instructor: Courtney Jester Morrison

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110355-01 8/31		MRC	16+	M/W	8-9pm	5	\$35
110355-02 10/5		MRC	16+	M/W	8-9pm	4	\$35
110355-03 11/2		MRC	16+	M/W	8-9pm	6	\$49

YOGA

Yoga is an ancient, multi-faceted art form that magnifies the body, mind, and breath connection. Through the execution of asana and philosophy, this class will challenge your mind, regulate your breathing, and change your body. Experience strength, balance, grace, relaxation, and weight loss. Yoga changes lives! No class 11/24 and 11/26. Instructor: Sharon Hasemann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110330-01 9/1		MRC	13+	T/TH	7-8pm	4	\$45
110330-02 10/6		MRC	13+	T/TH	7-8pm	4	\$45
110330-03 11/10		MRC	13+	T/TH	7-8pm	4	\$45

BOOTCAMP

Re-boot your body by restarting with this new fitness program designed to reveal your physical potential. Bootcamp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$36 for two days only in a session. Instructor: Behka Hartmann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110350-01 9/1		MRC	16+	T/TH/F	5:45-6:45am	4	\$68
110350-02 9/29		MRC	16+	T/TH/F	5:45-6:45am	4	\$68
110350-03 10/27		MRC	16+	T/TH/F	5:45-6:45am	4	\$68
110350-04 12/1		MRC	16+	T/TH/F	5:45-6:45am	3	\$54



ZUMBA

Zumba is the NEW face of fitness. It combines Latin music with aerobic interval training to burn calories and sculpt and tone the body. This class is designed for all fitness levels. It is easily becoming one of the newest sensations. Come dance away the pounds! Class fees will not be prorated for participants wanting to attend just one night of classes per week. No class 9/7, 11/23 or 11/25. Instructor: Araceli Hernandez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110300-01 9/2		MRC	13+	M/W	7-8pm	4	\$48
110300-02 10/5		MRC	13+	M/W	7-8pm	4	\$48
110300-03 11/2		MRC	13+	M/W	7-8pm	3	\$36
110300-04 11/30		MRC	13+	M/W	7-8pm	3	\$36

ADULT ICE SKATING

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111165-01 9/8		DPSC	14+	T	8-8:30pm	4	\$54
111165-02 11/3		DPSC	14+	T	8-8:30pm	4	\$54

LADIES GOLF

Ladies will be taught the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will be covered. So come on out and learn from a real Golf Pro! Instructor: Texas Star Golf Pro

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110571-01 11/4		TXG	16+	W	5:30-6:30pm	4	\$40

TENNIS

Come out to Midway Recreation Center tennis courts and learn how to play the wonderful game of tennis. Learn the rules, etiquette, forehand, backhand, serves and scoring. Bring one can of tennis balls and a tennis racket.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110610-01 9/12		MRC	16+	S	10-10:45am	4	\$40
110610-02 10/17		MRC	16+	S	10-10:45am	4	\$40

TAI CHI BEGINNERS

Tai Chi is an internal-style martial art that is a weight-bearing and moderate intensity cardiovascular exercise great for all fitness levels. It improves balance, respiratory and immune functions, and promotes physical, mental, and emotional well-being. Wear loose fitting clothing and flat shoes. This class begins every two months. No class 11/25. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110305-01 9/2		MRC	16+	W	8-9pm	4	\$40
110305-02 10/7		MRC	16+	W	8-9pm	4	\$40
110305-03 11/4		MRC	16+	W	8-9pm	4	\$40



TAEKWON-DO ADULT

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character and integrity. No class 11/26. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110134-01	9/8	RMC	13+	T	7:30-9pm	7	\$76
		MRC		TH			
110134-02	11/3	RMC	13+	T	7:30-9pm	6.5	\$70
		MRC		TH			

HAPKIDO

Hapkido, the art of coordinated power, is a comprehensive Korean self defense system involving joint locks, pressure points, throws, kicks and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt level and beyond. No class 9/7; 11/23; 11/27. Instructors: Todd Jach (Mondays) and Richard Garner (Fridays)

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110133-01	9/4	RMC	13+	M	7:30-9pm	4	\$42
		MRC		F	6-7:30pm		
110133-02	10/2	RMC	13+	M	7:30-9pm	4	\$42
		MRC		F	6-7:30pm		
110133-03	11/2	RMC	13+	M	7:30-9pm	3	\$42
		MRC		F	6-7:30pm		
110133-04	12/4	RMC	13+	M	7:30-9pm	2	\$27
		MRC		F	6-7:30pm		

TURBO KICK

The hottest kickboxing class in the industry! It's boxing, kicking, capoeira and bootcamp mixed with a hip hop urban flair set to the hottest music and slammin' sound effects. It's a booty kicking workout that just feels like you are at a great party! No kickboxing experience required. Instructor: Bethany Clarke

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110135-01	9/8	MRC	13+	T	6-7pm	4	\$50
110135-02	10/6	MRC	13+	T	6-7pm	4	\$50
110135-03	11/3	MRC	13+	T	6-7pm	4	\$50



TAI CHI CORRECTION

This class, for returning students, completes and incorporates the forms introduced in the beginner course to create a low-impact workout. It continues to improve overall physical, mental, and emotional health. Wear loose fitting clothing and flat shoes. No class 11/25. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110306-01	9/2	MRC	16+	W	7-8pm	4	\$40
110306-02	10/7	MRC	16+	W	7-8pm	4	\$40
110306-03	11/4	MRC	16+	W	7-8pm	4	\$40

TAI CHI ADVANCED

Returning students may participate in this class with the instructor's permission. Students will progress into more advanced and intricate skill development of the Tai Chi Form, Chi Kung exercises, and two person drills. No class 11/25. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110307-01	9/2	MRC	16+	W	6-7pm	4	\$40
110307-02	10/7	MRC	16+	W	6-7pm	4	\$40
110307-03	11/4	MRC	16+	W	6-7pm	4	\$40



Adult/Teen Activities



BELLY/BOLLYWOOD DANCE WORKOUT

Come experience the magic and mystery of this dance mix of Bollywood, Belly Dance, and Bhangra from India, Egypt, and the Middle East. Designed to improve grace, flexibility, endurance, and coordination for all body types. No experience needed. Come shimmy and shake those extra pounds away. Let's have fun learning something new! No class on 9/7. Instructor: Behka Hartmann- AFAA Certified Fitness Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110220-01	10/5	MRC	16+	M	6-7pm	8	\$45

SALSA

In this class, you will learn basic to intermediate partner moves to Salsa dancing. This included learning to lead/follow, listening to the music, and knowing the correct beat of the music on which you will be dancing. This is a fun and enjoyable class that offers the opportunity to meet new friends and perhaps even a dance partner. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110230-01	9/1	MRC	16+	T	7-8pm	6	\$55
110230-02	10/13	MRC	16+	T	7-8pm	6	\$55

SALSA INTERMEDIATE/ADVANCE

In this class you will learn intermediate to advanced partner moves to Salsa dancing. You will continue to improve on leading/following your partner and will incorporate multiple turns, Hammer-Lock moves, Pretzel moves and more! This is a fun and enjoyable class that offers the opportunity to meet new friends and perhaps even a dance partner. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110231-01	9/1	MRC	16+	T	8-9pm	6	\$55
110231-02	10/13	MRC	16+	T	8-9pm	6	\$55

BACHATA

Bachata is a dance originated from the Dominican Republic. Like Rumba, Bachata is one of the easiest Latin dances to learn. You will learn from basic to advanced moves such as the basic side steps, left and right under arm turns, hair combs, The Walk (El Caminito), grinding and hip movement. It is a great way to burn calories and stay fit.

Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110233-01	9/1	MRC	16+	T	9-10pm	6	\$55
110233-02	10/13	MRC	16+	T	9-10pm	6	\$55

HOOP DANCE WITH HOOP BELLA

Hoopdance is a fun up beat workout that uses large, colorful, weighted hoops for a hip notic on- and off- body moves. You will increase energy, build core strength and tone your entire body all the while having fun! Hoopdance is a low impact intense cardiovascular workout. That will clear your mind and melt away stress! No class 11/24 or 11/28.

Instructor: Lindsay Casto

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110340-01	9/8	MRC	16+	T	6-7pm	4	\$50
110340-02	9/12	MRC	16+	S	9-10am	4	\$50
110340-03	10/6	MRC	16+	T	6-7pm	4	\$50
110340-04	10/10	MRC	16+	S	9-10am	4	\$50
110340-05	11/3	MRC	16+	T	6-7pm	4	\$50
110340-06	11/7	MRC	16+	S	9-10am	4	\$50



YOU CAN OIL PAINT ADULT AND TEEN

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Registration fee: \$37.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110810-01	9/10	MRC	14+	TH	6-9pm	1	\$37
Autumn in Vermont							
110810-02	10/1	MRC	14+	TH	6-9pm	1	\$37
Still Life with Wine Bottle & Fruit							
110810-03	11/5	MRC	14+	TH	6-9pm	1	\$37
Tropical Rain Forest							
110810-04	12/3	MRC	14+	TH	6-9pm	1	\$37
Christmas in Hawaii							

YOU CAN WATERCOLOR ADULT

Even beginners will discover the thrill of learning to paint with confidence and ease using beautiful and transparent watercolors. A professional artist with over 30 years experience shows you the secrets and you'll be amazed at the finished landscape or seascape you can complete in this fun and easy class while learning wet-on-wet techniques, brush loading, color mixing and more. All art supplies are provided.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110820-01	9/28	MRC	14+	M	7-9pm	1	\$37
Trail Ridge Road							
110820-02	10/19	MRC	14+	M	7-9pm	1	\$37
Lighthouse at Cape							
110820-03	11/23	MRC	14+	M	7-9pm	1	\$37
Autumn Foliage							

HEARTSAVER CPR

Learn lifesaving skill in this American Heart Association's "Heartsaver CPR" course. Class covers adult and child CPR and relief of choking procedures. This class is FREE and open to Euless residents, but reservations are required and space is limited. Must register for class in person at the Midway Recreation Center. Participants will receive a certification card upon successful completion of skills test.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111020-01	9/24	MRC	18+	TH	7-9pm	1	FREE
111020-02	11/12	MRC	18+	TH	7-9pm	1	FREE

FINANCIAL WORKSHOP/ STARTING YOUR INVESTMENT JOURNEY

This session covers basic investment terms and concepts. At the end of this session you should be able to: 1) Explain why it's important to save and invest, 2) Define common types of investments, and 3) Explain guidelines for balancing your portfolio. Instructor: Mike Scoma with Edward Jones

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111002-01	9/15	MRC	18+	T	10-11:30am	1	FREE

FINANCIAL WORKSHOP/ MOVING TOWARDS YOUR FINANCIAL GOALS

This session will provide you with principles for sound investing. At the end of this session you will be able to: 1) Explain common investing mistakes that can be avoided through the Rules of the Road, 2) Enable you to prepare an initial financial strategy and, 3) Enable you to recognize terms frequently used in investing news shows or publications. Instructor: Michael Scoma with Edward Jones

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111003-01	10/13	MRC	18+	T	10 - 11:30am	1	FREE

FINANCIAL WORKSHOP/ ARRIVING AT RETIREMENT

This session contains information on preparing for retirement as well as managing money while in retirement. At the end of this session you should be able to, 1) Identify ways to prepare for retirement and judge your financial readiness for retirement, 2) Understand the importance of creating your own retirement plan, and 3) Have a guideline for managing your income when you retire. Instructor: Michael Scoma with Edward Jones

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111004-01	11/17	MRC	18+	T	10-11:30am	1	FREE



FREE! SENIOR YOGA!

Wednesdays from 9 - 10 a.m.

Seniors come experience our new yoga class for FREE! Our instructor will lead a gentle, preventive class designed especially for older adults. Boost your energy level and have fun with a relaxing ancient exercise. Classes meet at the Midway Recreation Center. For more information call 817-685-1666. Class is sponsored by Care-N-Care.

MIX IT UP! AEROBICS

Mondays and Thursday from 6 - 7 p.m.

Members join us for a FREE incredible workout designed to boost your body to burn fat, increase your energy and metabolism, plus tone your muscles! You can do this through energetic, aerobic dance, along with kick boxing, abdominal sculpting, weights and floor toning. So go ahead and try something new. Great for all levels. Bring weights and towel. Instructor: Debbie Day

FITNESS 101

FREE weight room orientations available for new members. Learn proper technique and discuss your fitness goals with our personal trainer, Donene Disco. Call 817-685-1666 for more information.



Senior Activities



Simmons Senior Center

Diane Eggers, Senior Program Coordinator • 817-685-1670

508 Simmons • Monday - Friday, 7 a.m. - 2:30 p.m.

Closed for the Holidays - September 7 & November 26



Dominoes, 42, 84, Billiards, Shuffleboard, Cards everyday!

Monday, Tuesday, Thursday	11:30 a.m.
Monday & Wednesday	8 - 8:40 a.m.
Monday	12:15 p.m.
Monday	12:30 p.m.
Tuesday	9 a.m.
Wednesday	9 - 11:30 a.m.
Wednesday	Noon - 3 p.m.
Thursday	10 a.m.
Thursday	10 a.m.
Thursday	6:30 - 9 p.m.

\$2 Lunch (Must register)
 Floor Aerobics
 Texas Hold 'Em
 Beginning Crochet
 Recycling Class
 Beginning Party Bridge
 Party Bridge
 Oil Painting (\$5 per class)
 Crafts Class
 AARP

Registration is required for all activities. Registration for all activities and trips will begin August 21. Last day to register for activities is noted with an asterick* for each event. Information is subject to change. It is important to read sign up sheets at the senior center prior to signing up. Be sure you can participate before you sign up. Trips may be cancelled due to unforeseen events. All activities must have a minimum of 10 participants to make.

Transportation is available to and from the Simmons Senior Center, Monday - Friday. If transportation is needed, please call 817-685-1670.

Special Events & Activities

ANGEL FOOD MINISTRIES

Sometimes are you short of money and still need groceries. You can get low cost groceries through Angel Food Ministries each month for a nominal fee. Great values and good food. You must sign up by certain days each month at Angelfoodministries.com. This program is not just for seniors, anyone can buy the groceries. Food stamps welcome or cash. Contact the Church of the Nazarene, 817-283-6540.

BEGINNING PARTY BRIDGE

Wednesday mornings

September 2, 9 a.m. - 11:30 a.m.

Have you played bridge and want to refresh your memory, or are not quite sure of your bridge playing? Come play Wednesday mornings with others who feel the same way. You don't need a partner, we will draw for partners when you get here. Must have eight to make. Registration required one week prior.

POT LUCK & WHITE ELEPHANT BINGO

September 18, October 9, & November 6

9 - 11 a.m. Bring a concealed white elephant gift, winners pick a gift.

11:15 a.m. Potluck, open play after lunch.

AARP MATURE DRIVING CLASS

October 23

9 a.m. - 1 p.m.

\$12 AARP members-\$14 non-members
 This class will help you reduce your insurance, refresh your memory and bring you up to date on your driving skills. Last day to register October 16, 2009.*

MOVIES AT SIMMONS

September 25	Marley & Me
October 16	New in Town
November 10	Taking Chance (Tuesday evening)
December 11	Santa Claus with Tim Allen

Popcorn, hot dogs, and sodas - \$1.

Simmons Theatre opens at 6 p.m. Movie starts at 6:30 p.m. Registration required one week prior.*

LUNCHES

Building open normal hours; open play and all regular activities will take place on these days.

September 4	\$2	Hot dogs and all the fixing
October 30	\$3	Everything Orange and Black (Spaghetti & Meatballs)
November 20		Thanksgiving at Simmons-Meat provided, everyone bring a salad or vegetable!
December 18		Christmas at Simmons: Everyone bring a NEW UNUSED \$10 gift and we will do a Chinese gift exchange! Meat provided, everyone bring a vegetable or salad.

***Registration required one week prior to event.**

SPECIAL EVENTS!

Wii Have It! Let the games begin.

Wii Bowling Tournament

9 a.m.	September 11	Wii Bowling
9 a.m.	October 16	Wii Horseshoes

Daily activities going on as well. Dominoes, cards, pool, 42, 84. MUST register one week prior!*

FLU SHOTS

October 2, 2009

9 a.m. - noon

No out of pocket expense with Medicare
Registration required

DIABETIC FOOTWEAR

October 2, 9 a.m. - noon

Are you a diabetic? If so you can qualify for diabetic footwear yearly. No out of pocket expense with Medicare. Find out if you qualify.

DIGITAL PHOTOGRAPHY CLASS

October 13, 20 & 27

1 p.m.

Course content will include: General explanation of the digital camera; How to use a digital camera for the best results; Improve your compositions; How to shoot great photos in questionable lighting conditions: Pitfalls to avoid; Optimizing your photos for their intended use. How to avoid "red eye". Last day to register October 1, 2009.*

DINNER AND MUSIC

November 13, 6 p.m., \$3

Enjoy the sound of Kings Harmony Gospel Quartet while dining on Lasagna, tossed salad, bread sticks and dessert \$3. Must register. Seating limited to 35. Last day to sign up Nov. 2.*

SENIOR HOLIDAY LUNCHEON

**North Main Barbecue &
City of Euless Parks & Community Services
Department Invites you to the**

Senior Holiday Luncheon

Wednesday, November 18, 11:45 a.m.

North Main Barbecue, 406 North Main

Must be 60+ years of age and a resident of Euless, or active member of Simmons Senior Center.

**Registration required, last day to sign up
November 11.**

JOHNNY HIGH CHRISTMAS SHOW

Friday, December 4, \$20 plus dinner

5:30 p.m. - Dinner prior to show.

Limited to 28 tickets. First come, first serve basis.

Registration begins August 21, 8 a.m.

Must register at Simmons, no phone calls.

CHRISTMAS CAROLING

December 11,

10 a.m.

Come join in bringing joy to others during the Holiday season. We will visit area senior living facilities and sing Holiday songs throughout their facility. It isn't about having a good voice, it's about giving back, bringing a smile to someone's face, memories returned of days gone by, making someone's day a little better and in return you'll feel better too! Come sign up NOW!

Helpful Phone Directory for Seniors

Area Agency on Aging	817-258-8081
NETS – Transportation	817-336-8714
Meals on Wheels	817-336-0912
Section 8 Housing Program	817-531-7640